

What's On

h o r o s c o p e

By Jacqueline Bigar

Happy birthday for Monday, July 30, 2018: This year you could experience a newfound closeness with a loved one or family member. You are often seen together, and may delight in each other's companionship. If you are single, the possibility exists of having at least two potential sweeties. You might date both parties for a while before deciding if you want to commit to one or the other. If you are attached, you and your sweetie thrive when spending time together. The bond between you will become stronger as long as you are reasonable. PISCES captures your imagination.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult.

Capricorn - (Dec 22 - Jan 19)

**** Curb spending. Be open to another path that might make you happier in the long

run. Deciding where to devote your energy could lead to success. Listen to others' feedback. Be gracious, yet feel free to call your own shots. Tonight: Return calls, texts and emails.

Aquarius - (Jan 20 - Feb 18)

**** You have demonstrated the ability to go way overboard in some area of your life. This pattern could repeat once more. Your instincts need to come forward when dealing with a personal or private issue. Tonight: Do your best to walk away from a negative person.

Pisces - (Feb 19 - Mar 20)

**** You could experience several jolts as you navigate through your day. You might want to think through an important decision rather than be at the mercy of someone else's actions. Read between the lines in a conversation. You will know what to do. Tonight:

Please yourself first.

Aries - (Mar 21 - Apr 19)

**** A sluggishness camouflages an inability or a lack of desire to make a decision. You need not worry, as you rarely experience inertia like this. Trust your energy. You might feel renewed later in the day, but only if you do not fight the status quo. Tonight: Curl up with a good book.

Taurus - (Apr 20 - May 20)

**** You may be confident that your day will flow as you might like. You will adapt to sudden changes. At the same time, give yourself plenty of time and space to make a needed change. A loved one's enthusiasm helps you skip over a problem. Tonight: Out among the crowds.

Gemini - (May 21 - June 20)

*** Your sense of humor helps you bypass a challenging situation. You might see that you are not the only person feeling blocked or tense. Your understanding and willingness to discuss what is happening helps others as well. Tonight: A surprise could keep you up until the wee hours.

Cancer - (June 21 - July 22)

**** If you detach, given a little bit of time, you will understand where others are coming from. This knowledge might eliminate your need for any power plays or willful discussions. Let a loved one lure you into being more focused on him or her. Tonight: At a favorite place.

Leo - (July 23 - Aug 22)

**** Your positivity will emerge when dealing with tumultuous, demanding situations. A partner or loved one might not be of the same disposition. If you maintain your

cool, you will be OK. Your upbeat attitude will start to spread. Tonight: One-on-one time with a close friend.

Virgo - (Aug 23 - Sept 22)

**** You might need to defer to others more often than you do now. This situation may not be comfortable, yet it could be the only way to keep the peace. Initiate a talk later on -- perhaps tomorrow, when you are more relaxed. Tonight: Go out and join friends at a favorite spot.

Libra - (Sept 23 - Oct 22)

**** You might be uncomfortable with the number of obligations you are facing. Look at what you can do to eliminate some of the pressure. When you revisit this situation, you might discover that you want to hold on to nearly every commitment you've made. Tonight: Make it early.

Scorpio - (Oct 23 - Nov 21)

**** You might contribute to some of the morning stress. However, whatever tension you produce is unintentional. Seek a more creative outlet. Prepare to make amends and be more indulgent and caring, especially as you may have roughed up someone's feelings. Tonight: Make nice.

Sagittarius - (Nov 22 - Dec 21)

**** Emphasis is on a personal and/or domestic matter. An expense could be excessive and out of whack. Do not agree to this costly activity or purchase if you feel uncomfortable with what you are hearing. Weigh the pros and cons before deciding. Tonight: Add some spice to the night.

Born today: Actress Hilary Swank (1974), actor/politician Arnold Schwarzenegger (1947), novelist Emily Bronte (1818)

home decor



knotted curtains

If you're tired of looking at the same old boring curtains hanging on the rod and want to add color and look then follow the below idea.

Supplies:
Fabric strips or ribbons

Instructions:

Cut the fabric strips/ ribbon to the same length. If you are going with fabric strips make sure to stitch the sides and well as the ends, with the ribbons just stitch up the ends. Now knot the strips to the rod. You can knot the strips into simple knots or a tie-knot for a neater look.

indoor gardening



dendrobium lamyiaea

The flowers proportions are almost gigantic compared to the small size of the plants. The thick, cylindrical pseudobulbs are no more than 5-6 cm long and, in the flowering season, completely covered with spectacular orange-and-red flowers with white lips decorated with red venation. Two or three flowers grow from the knots on the leafless pseudobulbs at the peak of the dry season.

Site: Provide medium to large amounts of indirect light.

Temperature: Plant grows in cool to warm temperatures.

Water: During winter reduce/almost stop watering until new shoots appear.

beauty tips



sunflower seeds for beauty

Sunflower seed is packed with Vitamins A, D and E to help smooth and avoid wrinkles especially in the delicate under-eye area. Use it as a gentle eye-make up remover or under-eye moisturizer to help minimize dark circles and eye bags. Also greatly helps with stretch marks. Check out the below facial scrub recipe:

Ingredients: 1/2 cup unsalted sunflower seeds; Small amount of water for mixing

Instructions:

In a food processor, finely grate the seeds till they are in powder form. Pour into a bowl and mix with a few drops of water to create a paste. Massage face gently with scrub. Wash off with cool water.

taste buds



croutons

Ingredients:

10 slices of bread
2-3 tbsp olive oil/melted butter
Any kind of spices you like (optional)
1/2 sp garlic powder (optional)
1/2tsp salt to taste

Method:

Preheat oven to 350° F (175 C). Brush bread slices on both sides with olive oil/melted butter. Cut bread slices up into small cubes. Sprinkle with garlic powder, salt and spices (if desired). I like using paprika, thyme, summer savory or mint. Arrange cubes on an ungreased baking sheet. Bake at 350° F (175 C) for 10-15 minutes or until browned. Let cool.

Dear Abby

Man's 'devotion' to mom spoils wife's travel plan

By Abigail Van Buren

Dear Abby: I have been married to my husband for 38 years. We both had long professional careers and saved diligently for our retirement. Our children are on their own and doing well with their careers.

My husband retired six years ago. His daily routine is visiting his mother (every day) in an assisted living facility. It is an expensive place, and they take great care of her. I have just retired. I wanted to do it until I was 67, thinking we could start to travel (not move).

My husband has now informed me he doesn't want to go on any two- to three-week vacations because of his mother. He says he needs to see her every day. Abby, the woman is 98 and going strong! There's nothing wrong with her except for some forgetfulness.



Abigail

— Ranked second in the Midwest

Dear ranked second: When a man marries, his wife is supposed to take precedence over his mother. However, because your husband "needs" to do this, you cannot be perceived as standing in his way, which will cause further resentment. His motive may be devotion. It could also be a feeling he could have been a better son in years past.

I find it hard to believe no one else could check in on your mother-in-law for the two weeks your husband would be away. (It could be one of your children, a sibling, another relative or a trusted friend.)

Rather than allow this to affect your marriage, why not consider creating a Plan B? Schedule some trips for yourself. While you're away, send him lovely postcards with upbeat messages from the places you visit. When you get back, if he mentions he missed you, assure him you missed him too, but you understand right now his mother is his first priority.

Then tell him that while no one has a contract with God, "with luck" the two of you will have some nice trips together after "Mom" is gone. Provided, of course, that he still wants to travel after her death.

Dear Abby: What's the deal with adolescent girls and young women wearing extremely tight and form-fitting yoga/workout pants? Last week, while I was leaving a smoothie shop, I held the door open for a young lady whose pants were so tight I could easily see the outline of her private area.

Yesterday, while I was waiting for my drink at a coffee place, a girl in her early teens walked in wearing similar attire. She was with her dad. In this situation I blame HIM. No father should allow his daughter to wear an outfit in public that leaves nothing to the imagination. These kinds of pants are designed for the gym, and that should be it. Your opinion?

— Conservative guy in Florida

Dear guy: Obscenity is in the eye of the beholder. While it's possible these young women had just left their workout or yoga lesson, it's more likely they simply find the pants comfortable to wear. My opinion is you should direct your gaze above the beltline, Prince Charming. If their outfits were "indecent," they wouldn't have been allowed inside the businesses.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

(Source: Universal Uclick)

what's on today

Site for checking travel ban www.kuwaitcourts.gov.kw/mojweb/NGeneral/Main.jsp

emergency number 112

Civil ID info: 1889988

TIES Center events: TIES Center announces following events – Tajweed and Recitation: Learn and practice the art of reciting the Holy Quran (tajweed). The instructor will also answer questions related to the meaning of the Arabic words and verses.

Every Sunday & Tuesday @ 10 – 11:30am; every Monday @ 5-6:30pm.

The TIES Center is the social and educational hub for English Speaking expats in Kuwait. For more information, please call 25231015 or e-mail info@tiescenter.net or visit www.tiescenter.net.

El Shaddai weekly fellowship: The El Shaddai DWXI-PPFI Kuwait Chapter invites all the Filipino in our weekly fellowship.

● Every Monday, 7:00 pm to 9:00 pm St Joseph Hall (Basement), Holy Family Cathedral, Kuwait City.

● Every Friday (except 1st Friday), 12:30 pm to 4 pm, Sacred Heart Hall, Holy Family Cathedral, Kuwait City.

For more information please call any of the following nos: 66758948, 66523946, 99615956, 99495832, 66078953 and 67067956.

BBBC weekly services: Bible Believers' Baptist Church (BBBC) in Mangaf invites you to visit us for our weekly services in English. Friday morning Bible teaching starts at 10:30 am. The Sermon and Children's Church begins at noon. On Monday evening we hold our prayer meeting and Bible study at 7 pm. For more details, please call 66220416 or email faithful.stewards@gmail.com

Enlightenment into Islam course: Enlightenment into Islam would like to announce the courses on "Tawhid is Salvation And Shirk is Destruction". Every Monday from 5 – 7 pm in Qurtuba. For details contact: 25322684, 97743327, email: fa-tanweer@hotmail.com.

KTCC activities: Worship service – every Wednesday 7:00-9:00 pm at North Tent, NECK. Children's Bible School – every

You still have time to come home to this:



Instead of this:



DAI Summer Camp
(for children ages 6 - 12)
Week One: July 22 - July 26
Week Two: July 29 - Aug 2
For more information email:
education@darmuseum.org.kw

A flyer of the event

mammography as the most effective way to save lives by detecting breast cancer at early stage. For more information visit: <http://fightingwithcancer.webs.com/>

Latest

Call for Indian writers and poets: As you are aware, Writers' Forum, Kuwait is a literary organization which provides an equal platform to the Poets and Writers of all the Indian languages without any prejudice of the gender, caste, creed and religious background. Writers' Forum, Kuwait is registered with the Embassy of India under registration no. INDEMB/KWT/ASSN/140. Primarily the Writers' Forum, Kuwait is an Indian, a non-political, non-religious, non-governmental, non-profit literary organization in Kuwait.

Since its inception on Nov 3, 1995, Writers' Forum, Kuwait has organized several Multilingual Kavi Sammelan and Mushaira which included many renowned Poets from various Indian languages. Published Navratna in nine languages with English translations, felicitated writers and poets for their works etc. During this journey of the Writers'

Forum, Kuwait so far, many of the members have published their works / compositions. Writers' Forum, Kuwait conducts monthly meetings on the 3rd Friday of each month during which literary works composed by the members are discussed.

In order to reach out to the Indian literary person who are capable of writing poems, essays, articles, short stories on any topic / subject in any Indian language, we invite such individuals to contact following office bearers for further details.

Advisory for OCI card holders: All those having OCI Cards are required to carry both their OCI Card and passport to travel to India so that they do not face any difficulty in immigration clearance.

From October 2018, ICAO will accept only machine readable travel documents, hence, existing PIO Cards, which are handwritten will therefore, become invalid. Thus it will be necessary upon PIO Cardholders to obtain machine readable OCI Cards in lieu of existing hand written PIO Cards before October 2018 to avoid any inconvenience.

Oct 7

Brazilian Elections 2018: In view of the presidential elections on 7th of October 2018 (first round), Brazilian voters in Kuwait are informed of the obligation to re-register at the consular section of the Brazilian Embassy in Kuwait.

In the process of re-registration, the voter must complete the following steps (please pay attention to the deadline of each step):

- Step 1 (to be fulfilled until 09/05/2018): a) fill the form on the website of the Superior Electoral Court (<http://www.tse.jus.br/eleitor-e-eleicoes/servicos/eleitor-no-exterior-pre-atendimento-eleitoral-no-exterior-titulo-net>); b) print and sign the form.
- Step 2 (to be completed by 16/05/2018): c) attend the consular section of the Embassy of Brazil in Kuwait, which runs from Sunday to Thursday, from 08 am to 12 noon, to present the following documents:
 - Brazilian official document of identification (identity card, professional card issued by a federal organization, birth or marriage certificate, passport, Brazilian labor ID).

Continued on Page 19